The Negro Farmer and Messenger

Published Bi-Weekly in the Interest of the Home, Farm and Garden; especially devoted to the Interest of Negro Land Owners and Tenant Farmers

and Those Who Employ Negro Labor. The Only Negro Farm Newspaper in the World to be Circulated Among 2.000,000 Black Farmers.

Vol. 3 TUSKEGEE INSTITUTE, ALA., NOVEMBER 4, 1916 No. 22

Prof. Rakestraw Speaks

To an Interesting Congregation at the Spring Creek Schoolhouse

By Mary Constance Ross

Principal Colored Schools, Bluffton, Georgia

A very enthusiastic crowd attended the educational rally at the Spring Creek school on September 29th. Among those present were Revs. G. W. Walker and J. H. Hinton of Bluffton and R. D. Ponder of Bainbridge.

This is the third visit Prof. Rakestraw has made to our school and it is impossible to mention the benefits derived from either visit. He has impressed upon the people to set higher standards for their families, to be more economical and to raise more of their food supplies. The result since his visit in January has been exceptionally good. The ladies are having better gardens, raising more chickens and doing more house work generally. They seem to realize more fully that the "field" is not the only place to help their husbands.

This year Mrs. Regina Collins has sold $17.50 worth of chickens, $2.50 worth of eggs and has reduced the cost of meat by using milk and butter.

Other women as well have done good work along this line. Our pastor's wife, Mrs. G. W. Walker, sells an average of $1.00 worth of butter per week and two dozen eggs.

Prof. Rakestraw encouraged the preachers to be more self-supporting, and when he asked, what they had done, Rev. Walker reported four bales of cotton and plenty of food stuff for his stock. Rev. Hinton reported a good crop this year. These men do not sit around and depend on the "sisters" to feed them as did the preachers of long ago.

Prof. Rakestraw urged the patrons to support the school and teachers in every movement for their betterment, and to send their children to school on time. He also urged the farmers to get together and attend the Conference in high style. Many of them pledged their support in the movement.

Among the many things Rev Ponder said were: The necessity of team work, co-operation among the people and that the school should be the social center of the community. He closed by saying: "Miss Ross, and assistants, you are breaking the record in that you are buying a $350.00 piano and an $85.00 sewing machine for this county public school and I want you all to feel that you have in me a constant helper. Come to my church and always you will find me enthusiastic in helping to give you a liberal contribution."

Rev. Hinton said he had not done what he might have for the school, but from now on he would give us his support.

Fifty dollars was asked for and to our surprise we received fifteen dollars cash and subscriptions to the amount of seventy-five dollars. We are collecting this daily.

We are very grateful to Tuskegee and to Mr. Rakestraw for greetings and service from our Alma Mater, and we shall do all we can to interest the farmers in attending the Conference.

Miss Lucy A. Collier also of 1915 Class is on our faculty this year and so far has shown deep interest in the work.

We opened school with a good enrollment and enthusiastic children.

Meeting of Negro Organization Society

The Negro Organization Society of Virginia will hold its fourth annual meeting at Roanoke, November 8, 9, and 10. "Better health, better homes, better schools, better farms," is the Society's motto.

Among those on the program are: Dr. W. D. Weatherford, International Student Secretary for the Y. M. C. A. in the South; Dr. James P. Faulkner, Executive Secretary Raoul Foundation; J. H. Montgomery, Richmond, Executive Secretary Co-operative Education Association of Virginia; Dr. John P. McConnell, President State Normal School, East Radford, Virginia, John B. Pierce, Hampton, Virginia, District Agent Negro Farm Demonstation Work; Arthur D. Wright, Richmond, State School Inspector; Lizzie A. Jenkins, Hampton, Virginia, State Industrial Supervisor of Colored Schools; and Dr. J. J. France, Portsmouth, Chairman Negro Organization Society Committee on Health.

Dr. Robert R. Moton, Principal of Tuskegee Institute and successor to Dr. Booker T. Washington, will deliver the principal address before white and colored citizens at the big mass meeting, which will close the convention on Friday, November 10.

Professor T. C. Erwin, State Normal School at Petersburg, Virginia, will furnish information to delegates or organizations that are planning to attend the Roanoke meeting.

WM. ANTHONY AERY.

The population of the United States has increased by 24,000,000 people in the last 15 years, and the number of beef animals has decreased 6,000,000 and sheep 10,000,000, while hogs have increased only 11,000,000.

The Planning of Meals

BY R. D. HETZEL, Director Extension Service, Oregon Agricultural College, Corvallis, Oregon.

(1) Select foods because they contribute most to the well-being of the family, rather than because they are at hand, are cheap, are liked by the family, or require the least effort.

(2) Take care of children first. Set aside money to give them milk.

(3) Be sure to use some of each of the five food stuffs in each meal.

(4) Do not serve the same food in different forms at the same meal, such as corn soup and corn bread.

(5) Include in each meal milk and easily digested foods for the children and aged, as well as more hearty foods for the adult members of the family.

(6) Serve heavy soups (such as cream soups) or heavy desserts (such as apple pie) with a light main course. Light soups and light desserts would be better suited to roast beef than the ones mentioned above.

(7) Variety is of great importance in meal planning, but should be secured through methods of cooking and serving rather than by the use of a great number of dishes at the same meal. One tires of boiled potatoes every day in the week, but if potatoes are served in different form each day they are acceptable.

(8) Since flavor stimulates the flow of the digestive juices, we should select foods of contrasting flavors in the same meal.

(9) Avoid using too much building material in the same meal. Roast beef and egg salad should not be served in the same meal.

(10) Avoid using too much fuel material in one meal. Potatoes and rice should be avoided in the same meal.

Plans for Meals

Breakfast Plan:

(1) Fruit in some form.

(2) Cereal.

(3) Some muscle-building dish, such as eggs, fish, or small amount of meat.

(4) Some form of bread.

(5) A hot drink.

Luncheon or Supper Plan:

(1 A hot dish such as meat; or a hot meat substitute dish, such as macaroni and cheese; or a cold meat; or a heavy salad; or a cream soup.

(2) Potatoes and bread.

(3) Some form of dessert.

(4) A beverage if desired.

Dinner Plan:

(1) A light soup if desired.

(2) Meat.

(3) Potatoes or some other starchy vegetable and some flavor vegetable. Bread.

(4) A relish or flavor food which may be served in the form of a salad.

(5) Dessert.

(6) Beverage if desired.

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Tuskegee Conference Notes

Mr. Rakestraw, the Conference Agent, addressed the farmers and their wives at the Community Fair at Pleasant Ridge Baptist church Saturday, October 7th. The exhibits were creditable and showed that the Local Conference members were putting into practice the Negro Conference idea.

Mrs. W. M. Banks had on exhibition, two jars of canned peaches, one jar of blackberries, one jar of okra, one jar of tomatoes, twelve ears of fine corn, three quarts of cherries, one pair of white leghorns.

Miss Sarah Bunkley, one jar of blackberries, one jar of peaches, one jar of pickles.

Mrs. L. M. McKinnie, one jar of lard, one jar of butter, one jar of berries, one jar of blackberries, one jar of pears, one jar of pickle peaches, one jar of canned peaches, six eggs, one pint of cherries and one large squash.

Mrs. R. B. Bennett, one jar of pickle peaches, one jar of canned berries, one jar of chow chow, one home-made rug.

Mrs. Nettie Williams, one jar of peanuts, one jar of beets, one jar of home grown rice, one jar of pickle, one jar of peaches, one watermelon.

Mrs. Ellen McNair, one jar of canned peaches, three jars of pickle peaches, two jars of preserves, one jar of figs, one jar of pickles and one large home baked cake.

Mrs. Estella Beard, six cans of corn, one peck of ground peas, one pair of pillow shams, one embroidered scarf.

Mrs. M. White, one jar of peaches, one jar of blackberries, one quart of syrup, one jar of lard and one quilt.

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Mr. Jeff Youngblood had on exhibition, corn, peanuts, and sugar cane.

Mr. J. W. White had sugar cane, sorghum syrup, Japanese cane, pop corn, four twists of home grown tobacco, ground peas, velvet beans, one quart of lard, one jar of black berries and peaches, home grown rice and one large pumpkin.

Rev. T. W. Williams, one stalk of home grown tobacco, potatoes, cucumbers, corn, butter beans, tomatoes, sugar cane, okra and a fine cow.

Mr. R. B. Bennett, six stalks of sugar cane, four kinds of corn and two fine cows. Mr. Bennett is President of the Local Conference. He makes his foodstuff at home and tries to get others to do the same.

Mr. L. M. McKinney, the President of the Local Conference, had on exhibition, one side of meat, corn, potatoes, syrup, lard and peas. He reported that he had on hand now 200 pounds of last year's meat and a can of lard. He has sold this year, $128 worth of corn, syrup and cattle. His wife, Mrs. McKinney, has sold $23 worth of butter, chickens and fruit this year. With two mules he will make 365 bushels of corn. He has begun already to work up a delegation in his community to attend the Negro Conference with him, January 17, 1917.

Rev. W. M. Banks of Goshen, Alabama, the pastor of Pleasant Ridge Baptist church, is urging his members now to make preparation to attend the Negro Conference, also other ministers should do the same.

BRIEF ITEMS

Miss B. C. Fonvielle, Jeanes Fund Supervisor of Mobile County, Alabama, in her Fourth Annual Report, which is just from the press, states that in her county she visited 33 of the 37 schools, making 117 visits, organized 21 Home Makers' Clubs, and visited 149 homes during canning season. She raised $1,417 for school improvement and canned 3,302 quarts of fruits and vegetables. Also raised $85 as industrial fees.

Sorghum grain is a valuable poultry feed.

The 48 States are now spending $280,000,000 a year on good roads.

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A. A. Chandler, Baldwin Farms, Route 1, Milstead, Alabama.

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The Negro Farmer and Messenger

VERNON W. BARNETT....*Editor and Business Mgr.*

Entered as Second-Class Mail Matter, February 4, 1914, at the Post Office at Tuskegee Institute, Alabama, under the Act of March 3, 1879.

SUBSCRIPTION PRICE

Per copy	5 cents
Per year, post-paid	$ 1.00
Six months	.50
Three months	.40
Foreign subscription, per year	2.25

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SATURDAY, NOVEMBER 4, 1916

THE ROAD TO RURAL HAPPINESS

Almost every individual living on the farm would say to you without hesitation that he desires happiness; and still there are very few who are following the advice of those who have become prosperous and happy farmers. Too many of our people have had the mistaken idea that only the white farmer must have his beautiful home, improved farm, evergreen garden, thoroughbred livestock and a bank account. Hence the poverty, the misery, the total disgust to farm life on the part of so many of our young people. "A stream never rises higher than its source." A man gets out of life just so much as he puts into it. I must be the largest contributor to my own happiness. It is entirely contrary to the laws of human nature for a lazy man to be truly successful and happy. It is only the man who gets up and hustles that is able to "drive the wolf from the door." Not only does the energetic and thoughtful farmer bring comfort to himself and his, but his influence advances society in proportion to his activity.

A Beautiful Home

One of the essentials to rural happiness is a comfortable dwelling. No father and mother can expect to keep their boys and girls satisfied on the farm in the kind of dwellings that are so numerous over our country. We are living in an age of keen competition, and the fittest will survive. Intelligence and wholesome culture require ceiled and painted walls, dainty curtains and sanitary surroundings throughout. The enlightenment of a race or nation is measured largely by the kind of dwelling in which they reside. A desire for better homes, better and more wholesome books and papers, better schools and better churches, is no sign that you are getting away from the agricultural spirit, but is the truest sign of advancement, of civilization and is the surest road to real worth and happiness.

Comfortable and beautiful homes not only increase rural happiness, but elevate the physical, intellectual and moral condition of a people. And I insist, as I have in previous issues of this paper, that the surest way to take care of the labor proposition is to make conditions on the farm more satisfying by improving the home, the school, and the church. These are the three institutions that clear away the mist of ignorance and superstition and unlock, as it were, the door to the vast possibilities of rural life.

"Why I Failed"

Substitutes and excuses will not serve the purpose, and destroy rather that create happiness. It is very disgusting to meet people who are always excusing themselves for failing. Such people, as a rule, are always in want and are seldom trusted. The average farmer seems delighted to push his failure off on "too much rain," or too much dry weather. To those who have failed this year and are saying that the floods and weevils were the cause, I would suggest that you get in touch with Prof. Geo. W. Carver, Director of the Experiment Station, Tuskegee Institute, Alabama, and one of the foremost scientists of the country, and let him tell you how that on one acre of land in the face of the heavy rains and boll weevil conditions, without one pound of commercial fertilizer, more than one-half bale of cotton was gathered. From this acre the stalks have already been uprooted and burned and a beautiful stand of oats may be seen. This is real farming, and will bring both profit and pleasure. I have never heard Prof. Carver offer an excuse for failure on the farm. Let it be dry or wet or boll weevils or what not, he gets results, and will be glad to tell you how he does it.

A Happy Negro Farmer

I have mentioned once before in this paper, the success of Mr. Tom Ruffin, of Cedarville, Hale County, Alabama, who at one time had as few of this world's goods as anybody; but he was rich in energy, in determination, in patience. He said there is no need of any farmer being in want as long as he is able to work. This man set to work and saved most of his earnings and today he owns 1,500 acres of choice land that will bring $50 per acre. Has a saw mill and cotton gin, and a beautiful dwelling. He raises poultry, cattle, horses and hogs, and has passed the stage of asking somebody to "run" him. He "runs" himself and others besides. He is happy because his smokehouse is at his own home, and his bread comes out of his own crib. Not only has this man accumulated seventy-five or eighty thousand dollars worth of property, but he has educated his boys and girls, and they have never given him any trouble because of the city craze. White and black respect him, not because he is a Negro, but because he is industrious and "paddles his own canoe." He is in position to exchange favors; he is independent and a veritable asset to his community. What Mr. Ruffin has done, any man with like pluck can do.

The Hiring Fever

It is a very serious mistake on the part of our people to hire labor beyond their means. I have known many a colored man to have a splendid start financially and lose it all by playing rich. He sees Mr. "A" riding a fine horse, overseeing a number of hands and he imagines he can safely do likewise. So he puts what little money he has made into fine horses, buggies and expensive furniture, loses his fondness for work and lives a life of ease. He finally wakes up and finds himself an old man with nothing to live upon. Then he begins to say "hands" wasted all I made, which is true, but who permitted them to do so? Now is your time to think and plan and save if your last days would be the happiest and best. Remember that men will help you waste your earnings, but they will laugh when your pocket book is empty. They will pat you on the shoulder as long as your money lasts and run when you want to borrow.

Don't Delay

Break your land now. If you have not already planted your oats, do so now. Stir your garden and see to it that you are able to sell some vegetables to your neighbors this winter. Don't get rid of too much of your corn at sixty cents per bushel and pay $1.50 next spring. Keep your crib door locked and don't go into it unless it is absolutely necessary. See that your whole farm is ditched and terraced. This is a fine time to do it. Push the hogs now and don't forget to shelter your cows from the weather. And last, but not least, subscribe for THE NEGRO FARMER AND MESSENGER now and you will have a periodical that will serve you in good turn in all of your community problems. No Negro home can afford to be without it.

Patch Up Those Poor Spots

BY H. S. MURPHY,

Director of Agriculture, C. A. and N. University, Langston, Oklahoma.

Poor spots in the corn or potato patch are holes in your pocket-book. They will hurt worse in the future than a hole in your coat in the winter. Whether it is educating a child, building a new house, or borrowing money, those spots always knock great holes in your plans.

Did you ever watch the healthy growth of a patch of corn in a low, moist place? Did you ever enjoy the sight of cotton above your shoulder and loaded with bolls simply because the housewife had thrown her washwater on the spot for months, or because the old lot or pig-pen once stood there? That ought to suggest to you what to do with poor spots.

Now, here is a tip. Go out in the field where the crops have grown, notice the spots where the little stalks or vines have struggled for growth. Make a picture in your mind or, better still, on paper of the shape of the field and draw a circle about where the poor spots are. If you make the circles pretty big it won't hurt. The chances are the old farm could stand some help all over.

Keep the stables cleaned out, and haul the manure as made on those bald spots. Please don't pile your manure outside to bleach in the sun and wash in the rain until a convenient season for applying it comes. "Now is the accepted time; now is the day of salvation" from land starvation. That usually ends in some kind of human starvation.

When this is done, those same spots can blossom into bank accounts.

Teachers in District One

Tuskegee Institute, Ala.,
October 29, 1916.

The Macon County Faculty in District 1 is made up of a splendid set of workers this year, and I am sure the rural schools under the guidance of these teachers will be better than ever. The faculty is as follows:

Mrs. L. T. Jones, Principal Training School, Tuskegee Institute; Prof. Wm. Welch, Washington Public School, Tuskegee, Ala.; Misses B. E. Goodenough and Addie Watkins, Assistants to Prof. Welch. Miss Mary Cunning-

ham, Gold Dust School; Mrs. M. Blanks, Mt. Zion School; Miss Effie Wheat, Notasulga School; Miss Daisy Weston, Shiloh School; Miss Sarah A. Mott, Clintonville School; Miss Annie Walker, Chehaw School; Miss Naomi Driscal, Simmons Chapel School; Mrs. Wm. Boher, Cowles Station School; Mrs. C. W. Greene and Mrs. Marie Varner, Harris Barret School; Mr. and Mrs. J. A. Barney, New Rising Star School; Miss Inez Edwards, Old Rising Star School; Miss Sadie Jones, Solomon Chapel School; Mrs. Serena E. Vann, Russel Plantation School; Miss Alphia K. Chisholm, Sweet Gum School; Mrs. J. M. Powell, Principal, Bethel Grove School; Miss Mary Harris, Tysonville School; Mrs. Lucile Henry, White Church School; Miss Tisby Ray, Shorters School; Miss Sadie L. Davis, Cross Keys School; Miss Inez Lavert, Brown Hill School; Miss Robbie Fears, Milstead School; Miss Cora J. Richburg, Union School; Miss Charity Harrison, Pinkston Cross Road School; Mrs. Lena Mitchel, Chesson School.

There are two more schools to be supplied with teachers within the next few days.

During the months of November and December we are going to have ten community Fairs in this district. Each teacher and trustee in District 1 will attend the educational meeting December 2, and bring their trustees. They will be prepared to answer the roll with their 10 cents registration fee.

S. L. WOODALL.

Sunday School Lesson

BY REV. G. L. IMES,

Dean of Bible Training School, Tuskegee Institute, Alabama

November 12—The World's Temperance Sunday—Romans 14:13 to 15:3

In writing to the church of Rome about the conduct of the brethren in eating meat offered to idols Paul lifts the matter of conduct out of the realms of mere right and wrong and places it on the plane of love and helpfulness. In effect he says, do not ask any more whether one does right to eat meat offered to idols, but rather is it helping anybody or is it harming any body else when I

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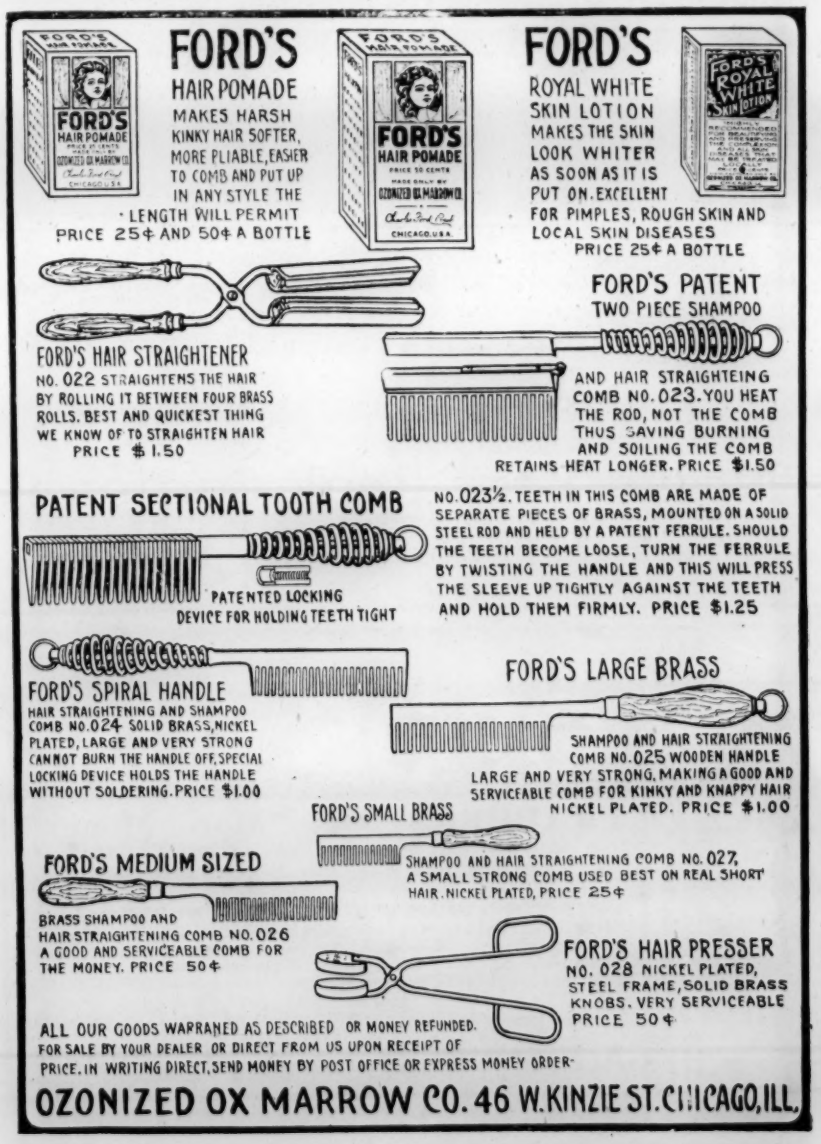
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eat such meat? Notice he does not say, does it please everybody, but does it harm anybody?

In support to this plea he urges that the end to be kept in view is not getting something to eat or enjoying the privilege of eating according to one's taste, but a higher end, namely; the bringing about of righteousness and peace and joy in fellowship with the Holy Spirit; the building up of all the members into one body without division. If any course of conduct, he urges, endangers, the progress of these things it is time to abandon it however innocent it may be in itself and many such things he plainly says are entirely innocent. When one is in doubt about whether eating meat or other such practice, whether, in our modern days, dancing or cardplaying are wrong, he can be sure at least that to give them up cannot be wrong; that the self-denial and self-control which it requires to give them up will certainly be a healthful and helpful exercise for the soul, that can do no one else any harm and will do him who denies himself a great deal of good.

It is worth observing also that Paul does not recommend such denials and restraints simply because certain persons criticise and condemn one's conduct; because certain persons who themselves abstain cast reproach upon those who do not abstain; but he urges it for the benefit of those who do these same things and thereby fall into danger and are lured to destruction. If your friend cannot drink wine at your table without getting drunk, then leave wine off the menu for his sake.

In this matter Paul is trying to secure conduct not by force but by the persuasions of love. Whatever may be the arguments for prohibition this is not one of them. It is not a plea for restraining evil men from profiting by the destruction of their fellows; it is a plea to good men not to be concerned only for their own safety but to be mindful also of the safety of others.

November 19—From Melita to Rome—Acts 28:11-31

After a stay of three months on the Island of Melita Paul resumes his journey toward Rome on a vessel that had spent the winter in the safe haven afforded in the port. Stopping at several ports for business purposes, Paul found the opportunity of seeing friends and preaching the gospel at these places.

Finally he reached Rome. News of his coming had preceded him. Doubtless he had informed his friends of the prospect of his coming as soon as Agrippa had indicated that his appeal to Caesar was to be allowed. The brethren accordingly came out upon the way to meet him, in strong contrast to the attitude of the brethren at Jerusalem, a fact that impressed Paul deeply and greatly cheered him. He was still further favored with the privilege of a partial release. Instead of being confined to a prison he was permitted to rent a home where he might dwell in comfort and privacy with only a guard as evidence of restraint.

Paul quickly took advantage of this privilege to fulfill his long cherished desire—"to preach the gospel also at Rome." First he calls in his brethren, his kinsmen according to the flesh. It is interesting to observe how in the face of his repeated declaration that he would turn to the Gentiles with his gospel, yet he always made it a point first to preach to the Jews; to give them the first opportunity to receive the word. If they opposed him he felt free to turn to the Gentiles feeling

that he had fulfilled his duty to his people. On this occasion he makes a frank statement of his situation and the circumstances of this visit to Rome. It was doubtless with some surprise that he learned that they had heard nothing of the bitter opposition which he met at Jerusalem. They indicated that they knew in a general way of the opposition that met him everywhere, and they were anxious to hear for themselves what Paul believed and preached. A time was therefore arranged for them to return to hear what he had to say. When the day came great numbers gathered at his house and the entire day was spent in presenting to them the gospel of Jesus Christ. As for that day's work, many believed, and others believed not; and those that believed tried to persuade those who doubted, till the house was filled with the tumult of their contentions. And when they saw they were in hopeless disagreement, they left the house, lest Paul should again be charged with making a disturbance.

Two years were spent thus in preaching the word in a pagan city. And here in the very heart of the Gentile, pagan world Paul's gospel received a more cordial reception than among the chosen seed of Israel.

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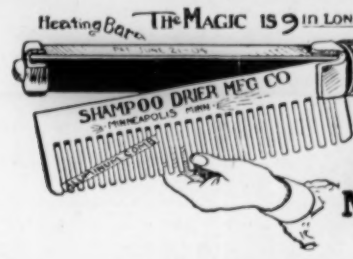
Mr. Grant Kelley, by early breaking and fast working gathered 4½ bales of cotton to the plow in spite of the weevil. Mr. Kelley also raises sufficient food stuffs each year to live at home. He lives in Tallapoosa County, Alabama, also.



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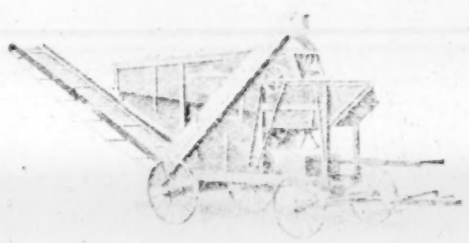

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